

## ***Strategies for Healthy and Fast Foods at Home...***

1. Brown meats two to three days ahead of time. Put in sealed container. Refrigerate meats for use the next day; freeze meats for use two to three days later. Note: You may consider refrigerating or freezing meat in single serving sizes.
2. Buying pre-cut vegetables or cutting your own vegetables ahead of time to save money will shorten meal prep time.
3. Pre-cooked casseroles take about 20 minutes to cook. These are ideal for meal times that are very short and busy.
4. Making a sandwich with pre-cut meats and cheeses is another way to reduce meal prep time.
5. Adding soups to meals is a great way to add flavor and still have a quick meal.
6. Make your own TV dinners out of planned or leftover meats and casseroles. Freeze in microwavable container, then warm in microwave and serve.



## **Healthy and Fast Food Ideas**

1. Salad in a bag
2. Pre-cut vegetables
3. Pre-cut fruits
4. Pre-cut meats and cheeses
5. Pre-cooked casseroles
6. Wheat bread, crackers, and graham crackers
7. Raisins
8. Apple sauce
9. Soups
10. Bagels
11. Instant potatoes
12. 100% Juice boxes
13. Bottled water
14. Pasta
15. Tomato Paste



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## **Healthy in a Hurry...**

## **Preparing Quick and Healthy Meals at Home**



## Healthy in a Hurry Meal Ideas...

### Breakfast Meal Ideas

#### Meal # 1

Iron fortified cereal  
Wheat toast with jelly  
Skim milk  
100% Juice



Estimated Prep Time: 5–7 minutes

#### Meal # 2

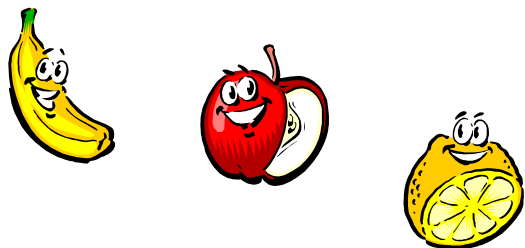
Wheat toast with a piece of cheese  
Fruit ( apple, orange, banana, etc.)  
Water  
Yogurt

Estimated Prep Time: 2–3 minutes

#### Meal # 3

Graham crackers with peanut butter  
Fruit (apple, orange, banana, etc.)  
Skim milk

Estimated Prep Time: 1–2 minutes



## Healthy in a Hurry Meal Ideas...

### Lunch Meal Ideas

#### Meal # 1

Wheat crackers  
Pre-cut turkey  
Pre-cut carrots  
100% Juice box



Estimated Prep Time: 7–9 minutes



#### Meal # 2

Wheat bread  
Pre-cut ham  
Pre-cut cheese  
Fruit (apple, orange, banana, etc.)  
Water



Estimated Prep Time: 5–7 minutes

#### Meal # 3

Can of soup  
Piece of wheat toast with  
cheese  
Pre-cut celery  
Skim milk



Estimated Prep Time: 7–10 minutes

## Healthy in a Hurry Meal Ideas...

### Supper Meal Ideas

#### Meal # 1

Pre-browned hamburger  
Instant mashed potatoes  
Can of cream of mushroom soup  
(cook and combine the three)  
Canned or frozen green beans  
Glass of skim milk



Estimated Prep Time: 10–15 minutes

#### Meal # 2

Can of tuna  
(mix with light mayonnaise)  
Wheat bread  
Pre-cut carrots  
Fruit (apple, orange, banana, etc.)  
Water



Estimated Prep Time: 10–12 minutes

#### Meal # 3

Grilled cheese sandwich  
(on wheat bread with cheese)  
Tomato soup made  
with milk  
Fruit (apple, orange,  
banana, etc.)  
Water



Estimated Prep Time: 9–15 minutes